



SPECIAL POINTS OF INTEREST:

- Employee of the Month
- Safety Tip
- Fortuna Rodeo
- Casino Anniversary

INSIDE THIS ISSUE:

Employee of the Month 1

Safety Tip 2

This Month's Birthdays 3

Fortuna Rodeo 4

Casino Anniversary 5

Employee Nomination Form 6

Bear River Band Employee Newsletter

JULY 2014

Employee of the Month

The employee of the month will be announced at the all hands meeting each month. To nominate an employee be sure to submit the Employee of the Month nomination form to Human Resources by the 25th of each month! The form can be found at the back of this newsletter.



We would like to recognize the Employees of the Month for June and July, thank you for all that you do!

June-Elizabeth Varelas **July-Deborah Krohn**



Safety Tip



Food Safety for Warmer Months

In warm-weather months, who doesn't love to get outside for picnics, backyard gatherings, and of course delicious foods? But high temperatures raise your chance of getting sick from things you eat. Learn how to handle food properly to avoid the misery of food poisoning.

It can be hard to keep foods safe to eat during warmer weather. If you're eating or preparing foods outside, you may have trouble finding places to wash your hands, keep foods cold, or cook at the proper temperature—all of which are important to prevent foodborne illness.

"Food poisoning occurs if the foods you eat contain certain **microbes** or the toxins they produce," says Dr. Alison O'Brien, a food safety expert at the Uniformed Services University of the Health Sciences in Maryland. "You can get sick directly from swallowing the toxins. Or you can get sick if the microbes get into your gut and start to multiply."

Each year, about 1 in 6 Americans get sick from tainted foods. Most foodborne illnesses arise suddenly and last only a short time. But food poisoning sometimes leads to more serious problems. Foodborne diseases kill about 3,000 people nationwide each year. Infants, older people, and those with compromised immune systems are especially at risk.

Many people know the symptoms of food poisoning: vomiting, diarrhea, abdominal pain, fever, or chills. The sickness may be mild or severe. It may last from a few hours to several days. The symptoms and length of illness depend on the type of disease-causing microbe or toxin you've swallowed.

The leading cause of foodborne disease outbreaks in the U.S. is norovirus. This highly contagious virus sickens more than 20 million people nationwide each year, leading to vomiting and diarrhea. Norovirus outbreaks can occur anywhere people gather or food is served.

“You can get norovirus when a sick food handler contaminates your food, possibly by not washing their hands well enough after touching the virus,” O’Brien says. “Swallowing just a little norovirus can make you very sick.”

Several types of bacteria can also cause food poisoning. Some foods you buy—such as raw meat or fruits and vegetables—may already contain bacteria that you need to wash off or cook to destroy. Bacteria can also thrive in certain foods if not stored properly.

Bacteria like Staph and *Bacillus cereus* can make you sick quickly, within 1 to 7 hours. These bacteria produce fast-acting toxins in foods (such as meat or dairy for Staph, and starchy foods like rice for *B. cereus*). Keeping such foods refrigerated at 40 °F or colder helps slow or stop the growth of these bacteria.

Other bacteria, such as *Salmonella* and *Campylobacter*, don’t make you sick until they get in your body and multiply. With these microbes, it can take 12 hours or a few days for you to feel ill. “Symptoms can include fever, cramps, and sometimes bloody diarrhea,” says O’Brien.

When you have a foodborne illness, you usually need to drink plenty of fluids. “But see a doctor if you have blood in your stool,” O’Brien advises. “And if a child seems to have food poisoning, you should have the child seen by a doctor.”

From newsinhealth.nih.gov

This Month’s Birthdays



Elizabeth Varelas 4th

Brian Wells 7th

Matthew Mattson 9th

Dylan Orr 15th

Kevin Fry 16th

Lorraine Keisner 20th

**Be sure to
wish your
coworkers
a very
happy
birthday!**

FORTUNA RODEO

Don't miss the Fortuna Rodeo July 14th-July 20th!

The Fortuna Rodeo Carnival runs Wednesday through Sunday of Rodeo Week with rides, games and fun for the entire family. Opening time is 12 noon each day and wrist bands are available.

The carnival is located in Rohner Park.

Carnival Ride Wrist Bands: \$25.00 per day, restrictions apply.

Rodeo Schedule

JR Rodeo Wednesday July 16th, 5:00pm

Barrels By The Bay Thursday July 17th, 7:00pm

Friday Night Motorsports Friday July 18th, 7:00pm

Fortuna Rodeo Saturday July 19th, 2:00pm

Bulls, Bands & Brews Saturday July 19th, 7:00pm

Fortuna Rodeo Sunday July 20th, 1:30pm

Parade

Saturday July 19th, 12:00pm

Main Street Fortuna

Bear River Casino will have a float in the parade!

Barbeque

Sunday July 20th, 11:00am \$15 per person





BEAR RIVER

C A S I N O ♦ H O T E L

BEAR RIVER CASINO HOTEL 9 YEAR ANNIVERSARY PARTY

YOU'RE INVITED TO THE PARTY
OF THE YEAR!

Saturday August 9th

7:50-Council Cake Cutting

8:00-Nighthawk, Hotel Ballroom

8:00- DJ, Thirsty Bear Lounge

Photo Booth!

Door Prize Raffles!

Cupcakes & Drink Specials!

Employees are encouraged to wear
the anniversary color Sky Blue.





Bear River Band

Employee of the Month Nomination Form



Do you have a teammate that has displayed exemplary performance or has made a significant contribution to your team? Now you have a way to say thank you!

The Employee of the Month Program is based upon the concept of promoting team spirit! Bear River recognizes and values the strength in our teams and will continue to encourage and support efforts in building a team environment.

***Criteria**

Nominations may be made for superior performance and/or contribution by a teammate involving activities such as: customer service, cost savings, productivity/work processes, or outstanding citizenship.

***Nominating Someone**

To nominate someone, the nomination form below must be completed and submitted to Human Resources by the 25th of each month. The Employee of the Month Panel (consisting of the Executive Director of Tribal Government Operations, the Human Resources Director, and a Tribal Council Member) will select the winner and present the Employee of the Month award on the first Monday of each month.

***The Reward**

The employee selected will win a day off with pay which must be used within the month received.

***Program Rules**

In order to be eligible for an award, all employees must be employed at the time the award is given. Winners cannot be nominated again within 6 months of receiving the award. All employees have the opportunity to vote for any or their teammates. Management-level staff is excluded from winning the award. Management-level staff may not nominate their own staff but may nominate the staff member of another department. All nomination forms must be received by the 25th of every month. The winner will be announced to all staff via all hands staff meetings, the employee newsletter, and email.

Employee of the Month Nomination Form

Nominee's Name _____

Nominee's Significant Contribution:

Your Name _____ Date _____